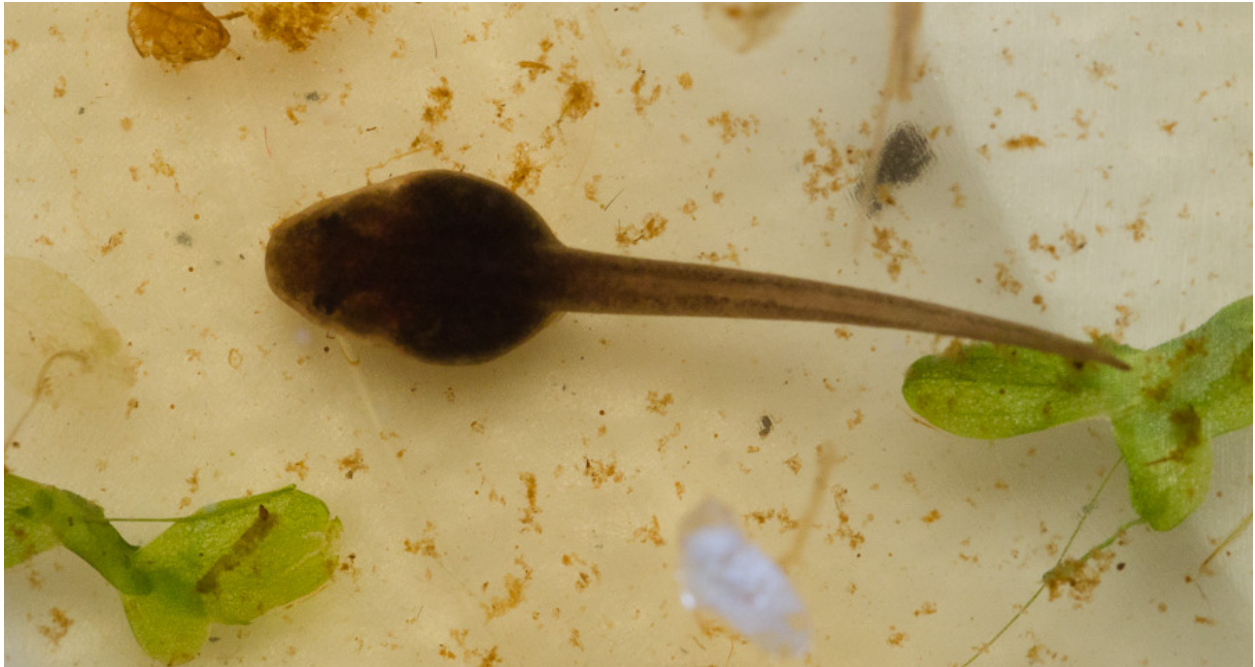


## Tadpole Relay



Tadpole Relay gets its name from the shape of the starting formation. It provides an opportunity to practice catching and tossing.

### Supplies:

- One ball of whatever size (sprout ball, basketball, tennis ball, beach ball, etc.)

### How To:

1. Divide the kids into two teams of equal size. One team forms a circle. The kids should be arm's length apart. The other team lines up in a straight line.
2. The team in the circle passes the ball from person to person around the circle. They need to count the number of circuits they can make with the ball.
3. The other team runs around the outside of the circle one at a time.
4. Passing of the ball stops when the last child of the running team has made it around the circle.
5. The objective is to see how many circuits of passing the ball around the circle each team can make.
6. Switch which team is doing what after each round.